

**CLAIMS**

1. Method of preserving edible vegetable matter comprising the steps,
  - selecting vegetable matter to be preserved,
  - immersing the selected vegetable matter in an edible oil having a temperature of 140 °C - 220 °C for 5 seconds - 4 minutes,
  - removing the heated vegetable matter from the oil, and after an optional cooling step putting it into a package together with so much edible oil that the vegetable matter during storage is either immersed in the oil or covered with an oily layer.
2. Method according to claim 1, wherein the vegetable matter is immersed in edible oil having a temperature of 160 °C - 220 °C.
3. Method according to claim 1 or 2, characterised in that fresh vegetable matter is selected.
4. Method according to any of claims 1-3, characterised in that the vegetable matter consists of one or more items selected from the group consisting of herbs, peppers, vegetables, fruits, garlic and onions.
5. Method according to claim 4, characterised in that the herbs comprise rosemary, parsley, basil, marjoram, oregano, mint, thyme, bay, dill, mace, sage, sorrel, fennel and cress.

6. Method according to any of claims 1-5, characterised in that both duration and temperature of heating are chosen such that the appearance of the vegetable matter is not adversely affected.
7. Method according any of claims 1-5 characterised in that the vegetable matter after heating is stored while immersed in or covered by olive oil.
8. Method according any of claims 1-7, characterised in that the vegetable matter after heating is stored in a tightly closed package which is at least partially transparent.
9. Method according any of claims 1-8, characterised in that the vegetable matter in the package is selected and apportioned for use in a meal kit.
10. Method according to any of claims 1-9, characterised in that the package contains ingredients for a soffritto.
11. Flexible package which is at least partially transparent and which contains preserved vegetable matter which is obtained according to the method of any of claims 1 - 10.
12. Meal kit containing preserved vegetable matter obtained according to the method of any of claims 1 - 10.